

EMPLOYEE TRAINING RECORD		
TRAINING TITLE Think Before You Lift, Back Problems Really Can Hurt		
<div style="text-align: center; margin-bottom: 10px;">KEY TEACHING POINTS</div> <ul style="list-style-type: none"> The common cold is the nation's most prevalent affliction. Second to that is back pain and improper methods of lifting play a key role in the problems. Stress, sedentary lifestyles, poorly designed work stations and expanding waistlines also are a big part of the problem. In other words, ergonomics is a factor in keeping the back strong and able to lift another day. According to David Cochran, a University of Nebraska ergonomist, it is people lifting heavy things that causes problems. Certain jobs are at higher risk than others, they include healthcare workers who lift patients, baggage handlers, construction workers, retail clerks, mechanics and delivery people. Back strain can come from overexertion, which amounts to about 1/4 of the injuries. Awkward placement or the fact that the load is too much for one person accounts for back woes, and more often than not, it is poor lifting technique. OSHA experts offer these guidelines to help avoid injuries: <ul style="list-style-type: none"> Bring the load as close to your body as possible before you lift. Recognize that lifting below knee height or above shoulder height is more strenuous than lifting between these points. Adjust the height of the objects you're lifting, if possible. Bend your knees to a comfortable degree. Since leg muscles are stronger than back muscles, it is better to bend and push off from the knees than from the waist. Separate your feet, putting one slightly in front of the other when you lift. Avoid twisting your body when carrying a heavy load. Make sure the load is balanced. Move slowly and evenly, avoiding fast, jerky movements. Remember that setting the load down properly is just as important as picking it up. Bend your knees and use your leg and back muscles to comfortably lower the load. Avoid carrying a load above your head or on the side of your body. Use caution and forethought to plan your lift - remove any obstacles in your way and know where you are going to set the load down. Consider using a device, such as a dolly or cart, or get help from another person to help lift heavy or awkward objects. Don't rely on a back belt to protect you from injury. A back belt is not a personal protective device, even though some people seem to think it is. 		
TEST		
QUESTION		ANSWERS
		<div style="display: flex; justify-content: space-around;"> TRUE FALSE </div>
1 Don't rely on a back belt to protect you from injury.		
2 Move slowly and evenly, avoiding fast, jerky movements.		
3 Stress, sedentary lifestyles, poorly designed work stations and expanding waistlines also are causes of back pain.		
4 Back strain can come from overexertion.		
5 Avoid twisting your body when carrying a heavy load.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE